

## Walks 2022

Date	Destination	Start Time
8 <sup>th</sup> January	St Mary's Island	11am
12 <sup>th</sup> February	Fort Amherst	11am
12 <sup>th</sup> March	Strand to Riverside	11am
9 <sup>th</sup> April	Trossley Bluebells	11am
14 <sup>th</sup> May	Aylesford to Malta	11am
11 <sup>th</sup> June	Robin Hood	11am
9 <sup>th</sup> July	Broadstairs to Ramsgate	9.30am
13 <sup>th</sup> August	Capstone Park	11am
10 <sup>th</sup> September	Ranscombe Farm	11am
8 <sup>th</sup> October	Coney Banks	11am
12 <sup>th</sup> November	Strood Community	11am
10 <sup>th</sup> December	Rochester Walk	11am

**Most routes have facilities unless otherwise stated but please bring packed lunch if preferred**

## Walking Group

Walks will be held on the second Saturday of the month and will start from All Saints Chatham Church Car Park (unless otherwise stated). There is a small charge of £1 per person for local walks, children are free. An additional charge may be incurred for trips involving group travel.

Walks will be set at a moderate pace for all to enjoy, there will be short breaks and comfort stops where route allows. Our aim is to enjoy the walks whilst achieving a good level of fitness.

Walking is good for blood pressure, lowering cholesterol, dealing with poor circulation, relieving stress and as part of a well-balanced diet, can help weight loss.

Walking enables you to see things you miss when driving. It also reminds us of the beautiful views and countryside close by that we sometimes take for granted. It is a great way to make new friends, share companionship.

If you are a first time walker and have purchased new boots, it is advisable to gently break them in on short walks (eg around the house).

**Walk Leaders; Karen Hardy and Kirstie Fiddymont**

**Unfortunately dogs are not permitted on group walks**

**What to bring and wear:**

**Bottled water, packed lunch (if required), good shoes/trainers, wet weather jacket, long trousers.**

## CONTACT

**The Administrator**

**All Saint Community Project Trust**

**On 01634 845419**

[www.allsaintscommunityproject.org.uk](http://www.allsaintscommunityproject.org.uk)

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Registered Charity Number: 1170179



**ALL SAINTS COMMUNITY PROJECT TRUST**

**The Magpie Centre and Café  
33 Magpie Hall Road, Chatham ME4 5NE**



**Walking Group Programme  
2022**